



April 2012

Issue No. 283



METROS AGM

This year's AGM will be held on Friday 18th May
- 8.00 pm at Lowlands Tennis Club.

Metros Diary

APR

Wed 4	Committee Meeting	8.00 pm
Fri 6	Maidenhead Easter 10 TROPHY RACE	9.30 am
Sat 7	10K Challenge, Roxbourne Park	9.00 am
Sat 14	5 Mile Walk	9.00 am
Sun 15	Brighton Marathon	9.00 am
Mon 16	Boston Marathon	
Sat 21	Wot No Watch	9.20 & 9.40 am
Sun 22	Virgin London Marathon	9.45 am

MAY

Sat 5	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Mon 7	Watford 10K The Bluebell Run	11.30 am*
Sun 13	Marlow 5 TROPHY RACE	9.30 am
Mon 14	Vets Track & Field, Battersea	6.30 pm
FRI 18	METROS AGM, LOWLANDS TENNIS CLUB	8.00 PM
Sat 19	5K Run, Roxbourne Park	9.15 am
Sun 27	Sudbury Court 10K TROPHY RACE	TBA

JUNE

Sat 2	Midsummer Madness + Picnic	9.00 am
Sun 10	Summer League, Dulwich	TBC
Mon 11	Vets Track & Field, Twickenham	6.30 pm
Sat 16	Wot No Watch	9.20 & 9.40 am
Fri 15 to Tues 19 Metros Marathon Week (See details on page 8)		
Sun 24	Summer League, Metros	TBC
Mon 25	Vets Track & Field, Hillingdon	6.30 pm

JULY

Sat 7	10K Challenge, Roxbourne Park	9.00 am
Sun 8	Summer League, Perivale	TBC
Sat 21	Wot No Watch	9.20 & 9.40 am
Sun 22	Summer League, Regents Park	TBC

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

* <http://www.watford10k.org.uk/> (Includes 1K and 3K junior races – 10.30am)

Note from the Editors!

As we write this on a sunny Sunday morning, there is a definite feeling of Spring in the air, and Summer soon to follow. Metros is swinging into summer mode too: dates for Summer League, Vets track and field and, yes, Metros Marathon Week are upon us! For those doing spring marathons, enjoy the taper and the carb loading, and above all enjoy the race! Then take it easy and look forward to some of those shorter summer runs.

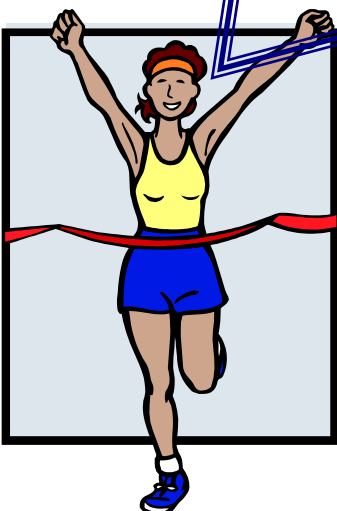
Jane and Penny Hudson



Welcome

Thomas Barry, Pinner
Andrew and Rowan Shirral, Harrow

Elected at the March meeting



Trophy Races



Maidenhead Easter 10 – Good Friday 6th April 2012, 9.30 am
www.maidenheadac.co.uk – entry £15 affiliated, £17 non-affiliated

Closing date: 30th March (no entries on the day)

Marlow 5 – Sunday 13th May 2012, 9.30am
www.handycrossrunners.co.uk – entry £12 affiliated, £14 non-affiliated
Closing date online entries 11th May (Entries on day will be available)

Sudbury Court 10K – Sunday 27th May 2012, details to follow
www.sudburycourt.org.uk

Burnham Beeches ½ marathon – Sunday 19th August, 10:00 am, £18.00
www.burnhamjoggers.org.uk

Moor Park 10K – Sunday 30th September 2012, details to follow
www.moorpark10k.org.uk

Cabbage Patch 10 - Sunday 21st October 2012, 10.00 am, details to follow
www.cabbagepatch10.com

VETERANS TRACK & FIELD LEAGUE

Monday

14 May - Battersea

11 June - Twickenham

25 June - Hillingdon

16 July - Battersea

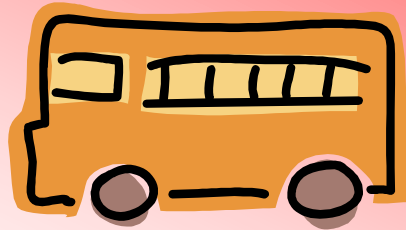


London Marathon 2012

Don't forget to let me know if you are intending to get a ride on our London Marathon Bus. If you are running or just fancy going up to Greenwich/Blackheath for the ride, please would you contact me as soon as possible.

Many thanks

Al Scoffham
01895 270245
07811 353 020



England Athletics Affiliation

It will soon be that time of year again when we all have to renew our affiliation to England Athletics as participating members.

No official notification has been made as yet but I have found out the renewal period runs from 1st April to mid June. I do not have the exact closing date as yet, although that should not really be a problem as the time scale is quite generous.

The good news is that there has been no increase in fees for 2012/2013. It remains at £5.00.

The bad news is you will need to complete another form as per conditions of the Data Protection Act.

Please complete either a new or renewal form and return to either Ann Marsden, Jane Scoffham or myself together with a cheque or cash for £5.00.

Many thanks
Al Scoffham

Hello Everyone,

I'm writing to say how much I miss you all. My tea making days for you are over and I find it very sad. You were all so many friends to me.

And as you all know it was so many operations on my back and legs that forced me to give up seeing you all each week. My memories go back to when Nandra and I ran in the Coca Cola race; it was very exciting, followed by many more runs. Then there was a cross country race in pouring rain which stopped as soon as the race was over! But Brian Jackson presented us both with a bunch of flowers making getting soaked worth it, (thank you Brian). He and Pat were so helpful, we have something in common – we have grandchildren in Australia.

I too remember David and Teresa and their lovely children as babies. I could go on and on about the wonderful people I met in my 20 years or so with the club.

So again with heavy heart I wish you all the very best.

KEEP ON RUNNING!

Reene

Group Email & Facebook Page

Our Group Email has been up and running successfully now for about 6 months. If you are not a member and would like to be please apply for membership at groups.google.com/groups/metrosrc or email me at metrolines1@gmail.com and I will invite you.

We also have a facebook page called Metros Running Club which we would love you to come and join.

Penny Hudson

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UNDER UKA RULES - LICENCE NUMBER: 2012-103513

London Marathon Elite Drinks 30K

As ever we are manning the Elite Drinks Station at the 30K mark for the London Marathon.

The actual location is Upper Bank Street and is easily accessed from the tube and DLR at Canary Wharf.

No experience is required as on the job training will be given. The duties are far from onerous and you are afforded the opportunity to have one of three places for next year's race (Terms and Conditions apply).

For those of you who are on the Games Makers Team for the Olympic Marathons the duties are not expected to be the same so while all will be welcome it is not part of the Olympic training.

If you want further details or to register your interest please call on 01923 833 726 or email g.d.young@btinternet.com

Gill and Garry Young.

Dates for your Diary 15th to 19th June 2012

2012 is a big year in athletics as it sees the return of **Metros Marathon Week** after a two year gap.

For those of you who are new to the concept it is great fun. For those of you who are familiar with it, come on, it wasn't that bad.

The idea is to run the full 26.2 mile (42.1 KM) Marathon distance on 5 consecutive days on 5 routes and terrains.

Day 1 Friday Evening;	10 Km around (and up and down) Harrow Hill
Day 2 Saturday Morning;	4.1 Km Ruislip Lido Beach
Day 3 Sunday Morning;	10 Km cross country Ruislip Woods
Day 4 Monday Evening;	5 Km on the cinder track Kings College Road
Day 5 Tuesday Evening;	13 Km road run from Lowlands Tennis Club

followed by beer and prizes.

This event does involve a lot of organising and is only viable if at least 20 people take part.

If it sounds like it is for you and you want further details or if you want to put your name down please call on 01923 833 726 or email g.d.young@btinternet.com

Gill and Garry Young

Reports from Mandy Beuselinck ...

Llanelli Half Marathon

Always on the lookout for somewhere a little bit different to pull on my trainers, and lured by claims that Llanelli Waterside half is rated as one of the top Half Marathons in the UK by Runners World, Sue Davie and I headed West along the M4 to try it out.

The event is held within Llanelli's Millennium Coastal Park. This race has 5 miles of glorious coastal scenery which the organisers eked out to a half marathon distance. It got a little silly between 3-4 miles when we snaked off the coastal path, into an industrial estate and round a police cone before turning back to fill another 2 miles running up to and around another cone just shy of a roundabout. We then ran back past the start line and along the coast the other way to.....you guessed it.....turn around a cone after 2.5 miles and head to the end.



This resulted in an elongated conga type line of people snaking along the coast which got very messy when we hit bottlenecks. There was the plus side that I got to see Sue a couple of times and it kept me occupied looking out for her.

There is talk of the route changing next year to start from the town's Scarlet's rugby team ground. If they can eradicate the toing and froing this may turn out to be a much more interesting course.

Otherwise, the course has great PB potential - it's pancake flat. Indeed a PB is what I managed to run - wiping a whole 7 minutes off my previous PB set on another pancake flat coastal course in Edinburgh back in February 2011.

There were adequate toilet facilities, but sadly no showers. The car park was carnage when we tried to leave - it took us a good half hour to get out which isn't good with tired legs.

The atmosphere was very friendly, however, lots of friends and family out braving the biting wind to support at the start/finish point which was a great place to stand as we passed it three times.

A huge thanks to Tuesday night Metros for the training run earlier that week which gave me the va va voom to run like I'd stolen something. I still can't believe the improvement!

Finchley 20



This was my first bash at Finchley 20. I'd heard all sorts of reports from fellow Metros about the psychological aspect of running 4 x 5 mile laps. My strategy to get round, therefore, was to run with two fellow club runners, treat it as a pre-marathon training run and just enjoy

the atmosphere. And I must say, that worked for me - thank you Jane and Andrew.

The marshalling and support on the field was first class. The facilities at Hillingdon AC were superb - indoor toilets, showers and even fragrant candles burning in the changing rooms. You spoil us!



The course had a few challenges - some slight undulations, the worst of which was over the railway bridge at West Ruislip station, and a fair amount of pavement running which made for rather uneven surfaces. At the end, I saw several people nursing cuts from falls on the route.

From miles 1-2 there was a significant amount of running on the road. As the roads hadn't been closed and the early morning drivers didn't seem to be at all sympathetic to 500 distance runners, it seemed at times a little dangerous as



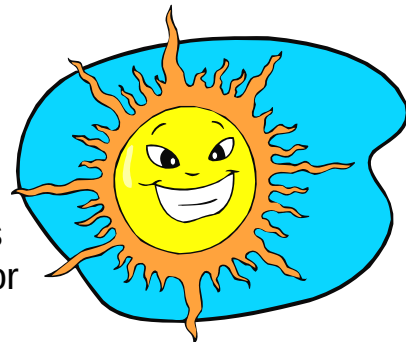
the cars came very close when they passed others going in the opposite direction - much preferable to mow down a few runners than ding one's wing mirror on another car.

However, the sun shone, the atmosphere was great for a smallish local race and I would seriously consider doing this again next year.



SUMMER LEAGUE 2012

Would you like to compete in one, or a series of five organised runs of 5 miles or 10km on Sunday mornings, starting and finishing in parks, open to all ages and abilities with refreshments after – all for an entry fee of £1? (50p for U/16, free for runners under 7 years).



For those unfamiliar with this League – it's a series of five races held during the summer months. Entry is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children from 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 7 years.
- iv. A series of light hearted relays of 300-400m, again suitable for all ages and abilities.

Dates: Sunday 10 June – 10km

Dulwich Park

Hosted by Dulwich Park Runners

Sunday 24 June – 10km

North Harrow Recreation Ground

HOSTED BY Metros

Sunday 8 July – 5 mile

Perivale

Hosted by Ealing, Southall & Middx

Sunday 22 July – 10km

Regent's Park

Hosted by Mornington Chasers

Sunday 26 August – 5 mile

Battersea Park

Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five year age bands. All participants in the Open and children in the Tenderfoot score points for their club – the more runners, the higher the club score.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club and a new club this year – Ealing Eagles.

For further information please contact Pat Jackson tel: 020 8868 5683

Summer League (David Frampton's amazing run)

The Summer League has always been one of my favourite club events and back in the mid to late nineties Metros had a very strong team and we were winners of the league on several occasions. As any participant knows, the format is a 5 mile or 10K race with shorter distances for tenderfoots and youngsters. This is followed by a series of relay races which consists of a race for ladies and men followed by two mixed relays, which are weighted to give points for youth and veterans.

On this particular day in the mid-nineties the fixture was at Perivale, the home of Ealing and Southall and Middlesex Ladies. There they have a proper 400 metre track and the relays were then run on this track. The men's 'A' race consisted of the best (fastest) runners who had agreed to run on the day, and back then featured two laps of the track, in this case a full 800 metres. This is a very specialised distance and it was changed back to 400 metres not so long after.

Ealing and Southall are a much larger club than ours and did have runners who could perform quite well at 800 metres, therefore, as well as this advantage they were also the home club. I was team manager in those days, principally to avoid having to run one of the relays which I disliked, being no speed runner, a good excuse! After some research I believe the six Metros who ran were Terry Burke, Dave Calton, Steve Roome (son), Al Scoffham, Errol Clark and David Frampton.

The race went very predictably up to the final changeover between Errol Clark and David Frampton. At this point Metros were between 150 and 200 metres behind, or nearly half the track. What followed was more like schoolboy fiction than reality. In the early to mid-nineties David Frampton had become one of the best runners in the club and had quite often won races in the Sunday League cross country races and also the Chiltern League on Saturdays, and on a couple of occasions both in one weekend, and at Ealing he was our 'glory leg' runner. Errol Clark passed over to David with nearly half a lap deficit to make up and it looked impossible. I remember Errol saying to me as David started his two laps, "Do you think he can do it?" and my reply was "No, he is too far behind", but I should have had more faith. On the first 400 metres David did close the gap a bit but was still over 100 metres adrift with the last 400 metres to go.

The last 400 metres is still etched in the memory of everyone who was there. David found an extra gear and slowly but surely began to close the gap. When they reached the final bend all of a sudden it looked possible, and to tremendous Metros' cheers David caught the Ealing man about 10 metres from the line and won. In my experience it was one of the most exciting relays I have ever watched at any level of athletics - it really was a remarkable achievement.

I felt a bit sorry for Phil Yorke, the Ealing runner, and went over to console him and told him he was beaten by a very special runner that day. Phil was no slouch and a very good performer himself, as John Camprubi will tell you, and it underlines what a special performance this was. I only wish we had had a watch timing David, as I believe it would have been a tremendously fast time.

David has guested at a couple of more recent Summer Leagues and is currently living in Hertfordshire with his wife and young family. He dropped out of Metros at about the time he moved.

Chris Roome



*Carol
Kopelowitz M.C.S.P.*

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*Soloist:
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flautist*

Harrow Harmony

Spring Concert

Saturday 31st March 2012

7.30pm (Doors open 6.45pm)

**Ruislip Methodist Church
Ickenham Road, Ruislip HA4 7BZ**

Tickets £9.00
(including buffet & programme)

For Details or Tickets Contact:

020 8248 7260

alisonsr@hotmail.com

Tickets on the door subject to availability

The making of audio or video recordings
during the concert is prohibited



www.harrowharmony.co.uk

Charity Number 1128233

A Highland fling

Following an entertaining time recently at a Scottish evening with some fellow Metros, my mind was cast back to what was perhaps my first “proper” running race.

As a young teenager in the early 70’s I was fortunate enough to be sent on what was then known as the “Colony Holidays” experience.

This was an educational council set up in 1963 to provide “summer camps” to children aged 8-16. My best friend at the time had been on one and I managed to convince my Mum it was just what I needed (or maybe the thought of sending me to the outer regions of the UK for 12 days, was what she needed!) My first tryout with them was in 1970, aged 12. I went to Chichester in Sussex, it was ok, but didn’t set my world alight (I had high expectations!) The following year I went to Stornoway on the Isle of Lewis. The important lesson I learnt from this is that the journey can be as good as, if not better than the holiday. It was all done by train and ferry, the last leg of the train journey from Inverness to Kyle of Lochalsh is considered one of the most beautiful in the country. However thanks to a young lady by the name of Quinny from Evesham I had found my own attractions to enjoy, I am glad to report my high expectations were not only met but exceeded.

In 1972 aged 14 and a bit I attended my last Colony holiday. Once again this was in Scotland and we stayed at a boarding school on the shores of Loch Rannoch. Before proceeding with this story, it’s perhaps worthwhile giving some background information to our younger readers of life as a teenager in the 70’s. Looking back (perhaps with rose tinted glasses) the amount of freedom and trust we were given seems extraordinary in today’s society.

On Colony holidays for example the people looking after us with the exception of a couple of adults were only 17 themselves. They were known as “monitors” and if memory serves me right earned £5:00 plus board and lodging a week. On arrival at your centre you were required to send a postcard saying you had arrived and were still alive and after that it was on with the holiday!

The entertainment and activities would no doubt be shunned by modern young people, but of course we knew no better. Anyway let’s continue our story.

As I have said we stayed at a boarding school, empty as it was summer holidays. Dormitories were the rule of the night, so lots of broken sleep as one of the lads was asthmatic and had forgotten his inhaler. The food was typical “school meals” fare, 1970 school meals don’t forget; so no Jamie Oliver trying to convince us to eat our 5 a day. One abiding memory was the water jugs which were on the table. The water was very brown; apparently having been drawn from the local “burn” and had absorbed a lot of peat. Likewise the school swimming pool which was also very cold, swimming in the Loch was verboten for the same reason. However we amused ourselves following the shoreline picking up old missile casings which had been fired off by the RAF!

Days were filled with lots of trekking through miles of forest, making friends and singing round a fire in the evenings. One day we were told that we would be going

to the local highland games. This as I now know was the Rannoch highland gathering. This is an annual event, held in August and features a number of sporting events culminating in the hill race up Craig Varr hill at 4pm. However I'm getting ahead of myself. On arrival we wandered around watching the local attractions, these were varied and at times interesting. The highlight was watching the hammer throw; one enthusiastic young man lost his footing and released the hammer straight at the car park. We youngsters watched with an increasing sense of schadenfreude (not that we could spell it) as it sailed straight at a row of cars, complete with picnickers seated in gathering horror as 16lbs of metal flew towards them. By a small miracle disaster was avoided as it landed in one of the few unoccupied spots. Leaving a much relieved hammer thrower we continued to explore the games.

Passing the flat bed of a lorry, we all looked up at a very large man performing a Scottish sword dance. As a 14 year old there are many questions one has of life, on that day one was answered. He was of course in a traditional kilt, and was very athletic in his performance. Kilt billowing in the wind we were presented with a sight which still causes me to shudder to this day. As a family magazine I won't go into detail, but he had definitely gone "commando".

Somewhat subdued we continued our tour, but revitalised spirits by a fierce bout of pillow fighting on the greasy pole. Now bearing in mind this was 40 years ago, memories are somewhat hazy, but for some reason I entered myself into the hill race. I had no running kit, so ran in what I was wearing, Fred Flintstone T. shirt, corduroy flared trousers and my favourite "99" baseball shoes. The race started, and before leaving the showground involved a lap round the field. In true John Gorton style and with the rest of my fellow "gang" cheering me, I went straight to the front. I can only imagine what the professional fell runners, replete in club singlet's, shorts and spikes thought as this long haired kid, flares flapping sailed past them. This was very ambitious; however, I had cause to be confident. I hail from Malvern in Worcestershire and my old school is nestled right at the bottom of the Worcestershire Beacon. Every Friday afternoon from my 3rd year onwards we ran cross country to the top of the Beacon and back again. The summit is 425 metres or 1395 feet in old money, (John Stratford and I have returned on a number of occasions to take part in the Beacon run organized by Worcester AC, and the old line "I can see my house from here" comes out every time!) So what was a little hill in Scotland to me! What I hadn't counted on was the sheer speed and grit of a true fell runner, or for the matter how cheesed off they were by me holding up proceedings. As the path narrowed I was pushed to one side as a file of runners streamed past. To be honest I wasn't too put out, I was breathless and already feeling worn out. Catching my breath, I resumed my climb upwards. Soon we were enveloped in mist and only by staying with the other runners did I finally reach the summit. Standing waiting for us, wrapped up against the chill was an old chap with a hand stamp. He proceeded to mark our hands as proof that we had indeed made it to the top, and then the descent began. Though going down was a lot easier, navigation was a nightmare with the mist still very much in evidence. At last I burst out into the sunshine and laid out below me was the

showground, heaving a sigh of relief I ran on and down to the finish. I was slightly mystified though at the rather cool reception I received from my fellow “Colony” pals. It transpired that having watched me lead the field out, and then hearing on the PA that I was in the lead couldn’t understand why I was so far behind at the finish. It turned out that the name called out wasn’t me, but as they weren’t sure of my surname assumed the best!

A great day and a great holiday all round. Sadly Colony Holidays is no longer, despite amalgamating with another company they closed down in 1986. It became harder to maintain as fewer parents were prepared to send their children away from home. For me, those holidays away from my family instilled an independence and confidence which to this day stand me in good stead.

David Swan
March 2012

Achievements

Well done to ...

Mandy Beuselinck PB at Llanelli Half Marathon
Pritesh Patel PB at Berkhamsted Half Marathon
Sam Dalton PB at Bath Half Marathon

Everyone who ran in Finchley 20 especially those who ran it for the first time – Jane Hudson, Pritesh Patel, Louise Pearson, Harriet Copland, Donna Warren and Mandy Beuselinck



Harrow Hill Race



Results

Race results from the Buckinghamshire Metros section:

Sunday 26th Feb - Winslow 10K (Lions Club of Winslow)

1st Male 33m 58s

1st Female 40m02s

Metros: Adam Leary - #113 48m 34s

All runners completed by 84m 47s

No. of runners 257

A pleasant 9K run on undulating country lanes followed by a less pleasant 1K up a hill to the finish.

Ex-Metro Rod says "Hello" from Buckingham (#85 in 46m 36s)

This is one in a series of races in and around Buckinghamshire that we are planning on doing - join us next at Chiltern Open Air Museum 5K 29th April, traffic-free mixed terrain flat-ish - apart from the up and down slopes and woodland tracks.

Adam & Karen

Well done to everyone who completed March's 5 mile handicap.

This was our biggest turn out in a long time with 37 runners completing the course.

Most people finished within the hour (actual time + correct handicap) so got an extra 10 points as well.

The next event is meant to be early June but is likely to move forward or back to fit around the jubilee and (more importantly) Metros very own marathon week

Till then, keep training.

Irene

5 Mile Handicap - 3rd March 2012								
		Handicap	Time inc. Handicap	Actual 5 mile time	Position	Points		Next Handicap (mins)
Guy	Bostock	0	45:06	45:06	1	47		14
Malcolm	Pearson	0	45:38	45:38	2	46		14
Jackie	Cope	0	45:48	45:48	3	45		14
John	Stratford	0	45:50	45:50	4	44		14
Olivia	Gill	0	49:35	49:35	5	43		10
Simon	Abery	9	50:41	41:41	6	42		18
Caroline	Day-Lewis	13	54:16	41:16	7	41		18
Raquel	Russel-Ponte	10	54:49	45:49	8	40		14
Sandra	Young	0	55:12	55:12	9	39		4
Penny	Rawlins	0	55:13	55:13	10	39		4
Catherine	Corcoran	1	56:00	55:00	11	37		5
Adam	Leary	17	56:36	39:36	12	36		20
Geraldine	Gill	9	57:06	48:06	13	35		11
Stephanie	Stapleton	0	57:07	57:07	14	34		2
Al	Keaney	13	57:09	44:09	15	33		15
Rosemary	Harrington	5	57:09	52:17	16	32		7
Peter	Stapleton	9	57:11	48:11	17	31		11
Debbie	Moynihan	0	57:18	57:18	18	30		12
Carole	Wells	11	57:34	46:34	19	29		13
Ann	Ambrose	4	57:42	53:42	20	28		6
Ruth	Tidder	17	57:43	40:43	21	27		19
Ann	Marsden	10	58:09	48:09	22	26		11
Mark	Mulvenna	19	58:26	39:26	23	25		20
Peter	Jose	13	58:39	35:39	24	24		24
Angela	Murphy	6	59:35	53:35	25	23		6
Linda	Gaitskill	6	59:35	53:35	26	23		6
Sarah	Westwood	14	59:42	45:42	27	21		14
Judy	Rackham	15	59:50	44:50	28	20		15
Bob	Manning	19	60:11	41:11	29	9		18
Mike	Ransome	14	60:24	46:24	30	8		13
Gladys	de-Groot	1	60:43	59:43	31	7		0
Julia	Allen	15	60:58	45:58	32	6		14
Al	Scoffham	20	61:22	41:22	33	5		18
Steve	Paull	26	61:29	35:29	34	4		24
Teresa	Young	14	61:39	47:39	35	3		12
Kath	Donaldson	11	62:54	51:54	36	2		8
Dave	Swan	17	63:18	46:18	37	1		13

Brighton Half Marathon – 19th February 2012

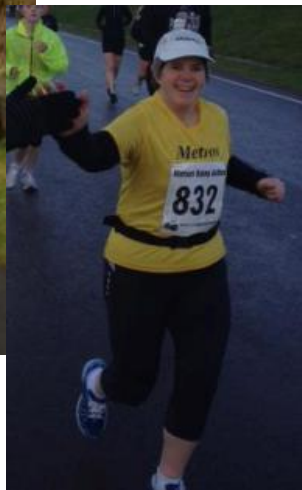
1 1:08:41
4602 Gemma Wilson 2:03:44
6737 Anne Ambrose 2:27:41
7359 runners

Llanelli Half Marathon – 4th March 2012

1 1:11:01
581 Mandy Beuselinck 1:47:28
1361 Sue Davie 2:22:31
1545 runners

Bath Half Marathon – 11th March 2012

1 1:02:01
2405 Sam Dalton 1:43:57 PB
10682 runners



Harrow Hill Race – 19th February 2012

1		31:49	
6	Richard Francis	37:12	
14	Jonny Jackson	40:54	
15	Steve Paull	41:00	
16	Kevin Smart	41:42	
30	Sam Dalton	45:32	
32	Jan Bek	45:54	
43	Paul Linnell	47:55	
56	Adam Leary	49:40	
69	Mandy Beuselinck	51:22	
70	Sharon Wood	51:25	
72	Mark Mulvena	51:43	
76	Jeremy Lawley	52:06	
82	Ruth Tidder	53:02	
92	David Pratt	55:31	
95	Paul Gardner	56:10	
97	Jane Hudson	56:27	
100	Julia Allen	57:30	
103	Andrew Shirral	58:01	
106	Ann Marsden	58:25	
108	Angela Murphy	58:47	
109	Raquel Russel Ponte	60:19	
116	Geraldine Gill	63:01	
118	Petra Otto	63:54	(Thorney Running Club)
121	Janice Newman	65:09	
122	Peter Stapleton	65:09	
124	Louise Pearson	65:45	
129	Sonya Grist	68:59	
138	Vernon Udugampola	96:07	
138	Runners		



Berkhamsted Half Marathon – 4th March 2012

51	Kevin Watson	1:25:16
120	Kevin Smart	1:30:57
131	Steve Paull	1:31:41
181	Pritesh Patel	1:35:15
569	John Gorton	1:49:27
578	Gertrud Porter	1:49:38
934	Jane Hudson	2:01:39
1070	Bree Sullivan	2:08:20
1124	Irene Paull	2:12:59
1157	Paul Gardner	2:16:27

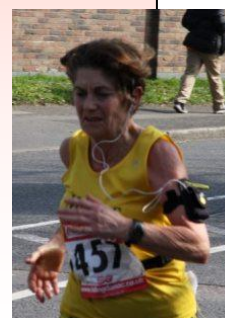
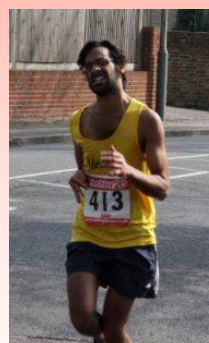


Berkhamsted 5 Mile Run – 4th March 2012

277	Sonya Grist	53:59
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Finchley 20 – 11th March 2012 (1st Trophy Race)

Winner	1:45:17
44 Kevin Watson	2:12:07
144 Steve Paull	2:29:45
185 Jeanette Green	2:35:56
326 Pritesh Patel	2:55:34
339 John Gorton	2:57:49
363 Harriet Copland	3:00:14
396 Donna Warren	3:05:05
407 Jeremy Lawley	3:08:24
417 Mandy Beuselinck	3:10:26
427 Jane Hudson	3:13:03
456 Raquel Russell Ponte	3:22:50
475 Andrew Collier	3:28:18
477 Angela Murphy	3:29:21
480 Irene Paull	3:30:22
493 Louise Pearson	3:48:29
501 finishers	



Runners' Recipes

Chocolate Fudge Easter Cakes

140g soft butter
140g golden caster sugar
3 medium eggs
100g self-raising flour
25g cocoa, sifted
For the frosting:
85g milk chocolate, broken
85g soft butter
140g icing sugar, sifted
2 35g packs white chocolate maltesers, mini foil-wrapped chocolate eggs

Heat oven to 190C/fan 170C/gas 5 and put 16 golden cases into a fairy-cake tin. Tip all the cake ingredients into a mixing bowl and beat with an electric hand whisk until smooth. Divide between the cases till they are two-thirds filled, then bake for 12-15 minutes until risen. Cool on a wire rack.

For the frosting, microwave the chocolate on high for 1 minute. Cream together the butter and sugar then beat in the melted chocolate. Spread on the cakes and decorate with maltesers and chocolate eggs.



NOTES OF METROS COMMITTEE MEETING

Wednesday 7 March 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Penny Hudson, Pat Jackson, Ann Marsden, Steve Paull, Marilyn Pickford, Mike Ransome, Barbara Robson, Al and Jane Scoffham.

APOLOGIES: None

CHAIR: Jane Scoffham

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Jane or Al Scoffham in advance. If they have an action item outstanding, they should give their report on that item to Jane or Al).

MATTERS ARISING FROM THE PREVIOUS MEETING – 25 January.

Metros Hill Race – On behalf of the committee, Jane thanked David Swan for organising the very successful event and all who helped.

LRRC Trophies – Steve had investigated various races and, following discussions with Graham Haddon, co-ordinator, the number of eligible races will remain at the seven already advertised.

ITEM CLOSED

Permanent Memento – It was unanimously agreed that a permanent memento will be presented to main award winners at the Quiz/Awards Presentation Evening.

ACTION: Pat Jackson, Nov

Metros Walk – Teresa Young, walk co-ordinator, had requested that in future certificates be given for an age-graded performance of 70% or more. This was agreed.

ACTION: Teresa Young

Metros Welcome Pack – Jane had updated the document and further changes were agreed. Jane had also updated the Metros membership form.

ACTION: Jane Scoffham

Track & Field Coaching – Marilyn is continuing to investigate possible coaches.

ACTION: Marilyn Pickford

Metros Facebook Page – Mandy confirmed more members had joined and favourable comments on the Harrow Hill Race received. She will talk to Kevin Smart re a link with the Metros web site and other items which need to be added to the site.

ACTION: Mandy Beuselinck

Middlesex AA Affiliation Fee – Al confirmed this has been paid.

ITEM CLOSED

Scout Hall- Barbara confirmed that, for a further short time, she will wait for late-comers before locking the hall during the session on Saturday mornings.

ACTION: Barbara Robson

Metros Marathon Week – confirmed as 15-19 June if there are 20 participants.

Midsummer Madness – Jane had discussed the possible date change with Mervyn Stuckey, organiser. Mervyn agreed to hold it on 2nd June, with a royal theme, followed by a picnic with members bringing refreshments.

1066 Relay – Jane confirmed that little interest has been shown in this event and it was decided not to pursue with a Metros entry.

ITEM CLOSED

Round Norfolk Relay - Jane also confirmed that Metros would not enter a team this year as several key runners were unavailable. It is hoped to enter a team in 2013.

Donation to Cystic Fibrosis – Marilyn confirmed that the Society had thanked Metros members for their donations. She will note in Metrolines. **ACTION:** Marilyn Pickford

Insurance Cover – Jane had forwarded information from the England Athletics website. It was agreed to seek more legal advice. Barbara will pursue this. **ACTION:** Barbara Robson

Lowlands Tennis Club – Al has put application forms to join the Tennis Club in the Metros Race Book (available Saturday). Mandy will ask Kevin Smart to arrange a link on the Metros web site. **ACTION:** Mandy Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer – Mike distributed details of the Metros account.

He confirmed that the Ruislip Woods Trust had put a note in their newsletter thanking Metros for their donation from the Christmas messages.

Hon. Secretary – Al confirmed that competing members forms were being collected. The ARC (Association of Running Clubs) has again requested Metros join the association, which is a rival to England Athletics. It was again agreed not to join ARC.

Vets AC had sent details reminding Metros over 35 years, they could join as 2nd claim.

Hon. Membership Secretary – the following new members applications were approved:

Thomas Barry, Pinner; Andrew and Rowan Shirral, Harrow

New Members Review – Ann confirmed that recent new members were participating in Metros activities. It was agreed that the participation of new members will be reviewed within the Membership Secretary's report. **ACTION:** Ann Marsden

REPORTS OF CO-ORDINATORS

Cross Country Entries – Al has been co-ordinator for many years and has decided to stand down at the AGM. He was thanked for his long service in this role and asked to advertise the position in Metrolines. **ACTION:** Al Scoffham

Monday Night Run – Mike confirmed up to 20 runners had recently attended.

Summer League – Pat had attended a recent meeting and provisional dates discussed. There were slightly more runners last season and the Ealing Eagles club will join this year. Dates will be advertised in Metrolines. **ACTION:** Pat Jackson

OTHER ITEMS

Metros AGM – agreed Friday 18 May at 8.00 pm. Jane will chair, Mike as deputy. Pat will check availability of Lowlands Tennis Club. (Since confirmed OK).

Membership Subscriptions – details had been received on a system of a third party dealing with club membership. It was agreed not to pursue this.

Kit Sponsorship – details of reduced priced kit with sponsors logo had been received. It was agreed not to pursue this.

Meeting closed 9.28 pm **Date of Next Committee Meeting – Wednesday 4 April 2012**

Metros AGM – Friday 18 May, 8.00pm, Lowlands Tennis Club

Metros Committee meetings are open to all members but only the committee can vote.

First Aid Course

FIRST AID COURSES

Contact me on 0208 866 1170, mcstraining@hotmail.co.uk, or see me at the scout hut after the Saturday running session for further details.

Thanks,
Margaret

Thursday Night Run

Sue Davie has resigned as co-ordinator of the Thursday night run as from the end of March. Jane Hudson will be taking over from 1st April. The run will be moving to its Summer Venue meeting at Old Redding car park from mid- April (date tbc but will be after Brighton Marathon).

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Sue Davie	07561 305999
		Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

There are often other runs going on particularly on Sunday so ask around if you are interested in joining a group.

See website for more details: www.metros.org.uk

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or December) and we are open to all members.

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18; vest £12.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham: tel. 01895 270245

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Distribution: Ian Bocock

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching

The committee has allocated a running training budget, so if you are interested please find a course that you would like to do and then contact

Jane Scoffham: tel. 01895 270245